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HOT TECH

Vancouver launching a thermal imaging study to show the amount of heat — and money — leaking out of homes

metroNEWS

Airport sale on the table

SPENDING

Cash from big sell-off would go toward boosting infrastructure

Could a "For Sale" sign soon be going up at Vancouver International Airport?

The federal government is looking at whether Canada's major airports should be sold off to private investors as a way to raise tens of billions of dollars in new cash to fund other infrastructure projects.

Transport Canada bureaucrats are reviewing the ownership structure of Canadian airports, now operated by not-for-profit airport authorities, to assess the possibilities of transferring them to for-profit enterprises — and collect a windfall in the process.

But airport operators are nervous, fearing that federal Liberals are in a rush to cash in on the potential value of airports without properly weighing the potential impacts on travellers.

And they warn that new operators under pressure to turn a profit could transform the airports for the worse.

"If you went to this model, my experience tells me in five years you would not recognize Canadian airports," said Craig Richmond, the chief executive officer of the Vancouver Airport Authority.

"You would see cutbacks on maintenance, cleaning, you would see them become much more crowded because (of) the pressures on the management to deliver that return."

The Liberals were elected last fall on a promise to deliver big-ticket infrastructure spending. Their March budget confirmed that they are considering public pension plans and other "innovative" funding sources, such as asset recycling, to help fund that program.

Asset recycling is the process of giving the private sector a stake in existing infrastructure assets, such as ports or highways, to raise the cash needed for other investments.

An external review of Canada's transportation sector, submitted last December, floated that very possibility for airports. TORSTAR NEWS SERVICE

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metro NEWS

Your essential daily news

Iraq mourns victims as government tightens security measures. **World**

Record that's full of beans and in the bag

AUTISM FUNDRAISER

Snaking star of the Khatsalano Street Party is a world beater

Wanyee Li
Metro | Vancouver

The bean bag is made up of 40 sections that need to be zipped together. COURTESY YOGIBO CANADA

It's hard to miss — a 210-foot-long bean bag will land on the corner of West 4th Avenue and Trafalgar Street this Saturday for the sixth annual Khatsalano Street Party.

The 1,700-pound bean bag holds the record for the largest bean bag in the world and was made by retailer Yogibo.

"We were looking for something very exciting. Our company is all about awesomeness and fun … we work with a lot of kids and families and we were looking for something very unique, very different to do that we can interact with our customers," said Joe Dagony, CEO of Yogibo Canada.

The bean bag is making its Canadian debut Saturday, where more than a hundred thousand people are expected to turn up for the Khatsalano Street Party, which features dozens of live music acts and food carts.

Yogibo, which has stores in Burnaby and Coquitlam, is raising funds for the Canucks Autism Network by accepting donations for children who want to take the Yogibo challenge — run across the approximately 60-metre squishy bean bag while picking up tokens along the way.

It's harder than it looks, said Dagony, who admitted he hadn't tried the task himself yet.

The bean bag is on its way from New Hampshire, where it was made, and is set to arrive in time for the weekend.

It will take several trucks and six people to assemble the bean bag — there are 40 sections and they need to be zipped together, then filled on location.

> **Our company is all about awesomeness.**
> Yogibo CEO Joe Dagony

It's the first time the company has taken the bean bag to another city, let alone another country.

"It's going to be the first time. It's going to be very challenging to set it up in the street," said Dagony.

The record-holding bean bag is usually stored in a warehouse in Yogbi's headquarters in New Hampshire, he said.

"Most of the time we just keep it in our warehouse because it's really big. If we take it outside, it requires some logistics around it. You'd need to close the whole street."

But the bean bag is already getting lots of attention from other organizers who want to bring the attraction to their event, said Dagony.

"We are getting constant request from other events to bring it, too — North Van Car Free Day, for example."

Vancouver Park Board has hired Geordie Howe for two years to work on restorations in Stanley Park. CONTRIBUTED

VANCOUVER PARK BOARD

Archeologist to help preserve sites

The Vancouver Park Board has brought on an archeologist to help it preserve First Nations sites in the city's parks, making it the first Canadian city to hire a full-time archeologist.

The move is a milestone in the park board's goal of meeting the Truth and Reconciliation Commission's recommendations, which include protecting First Nations archeological sites.

Preserving archeological sites usually falls under provincial jurisdiction but Vancouver is responsible for several large properties, including Stanley Park.

The sites, many of which are in Stanley Park, can hold personal importance for the Musqueam, Squamish, and Tsleil-Waututh nations, said the park board's new archeologist, Geordie Howe.

"There are people alive today who can remember their great-great-grandparent who talked about using those sites or living in those locations," said Howe, who has worked as an archeologist for 40 years.

"As Stanley Park developed into a park, those communities were moved off the site. What we have left is the physical manifestation of those occupations."

The park board plans to restore various landmarks like Beaver Lake and the seawall and Howe will work with First Nations communities to ensure archeological sites are not disturbed.

"Because archeological sites are a nonrenewable resource, the first option we try to do as an archeologist is protect and preserve those sites."

Howe hopes his new job with the park board will strengthen the relationship he has with First Nations communities in B.C.. He has previously excavated several important archeological findings in Squamish and Stanley Park.

"I'm very honoured and excited about the job. Both working for the park board, but also for First Nations communities that I've spent years working with," he said.

WANYEE LI/METRO VANCOUVER

Most of Burns Bog will recover after fire: Society

EMERGENCY

Blaze was about 78 hectares with 80 firefighters battling it

A helicopter prepares to drop water on a fire burning at Burns Bog in Delta on Sunday. DARRYL DYCK/THE CANADIAN PRESS

About 90 per cent of a peat bog south of Vancouver is expected to regenerate in the coming years, but it could take a century before the entire area recovers from a fire that tore through it on Monday, says the head of a conservation society.

Eliza Olson, founder of the Burns Bog Conservation Society, said the 30-square-kilometre nature reserve in Delta is believed to be the largest undeveloped urban wilderness area in North America.

"That's one of the beauties of having Burns Bog here in the water table," she said in an interview Monday.

"Because it's at the mouth of the Fraser River, it's an estuary-raised bog. You normally don't find a raised bog this far south."

A fire reported at Burns Bog on Sunday was about 50 per cent contained by Monday afternoon, with crews hoping to fully contain the flames by Tuesday morning at the latest.

Chief Dan Copeland of the Delta Fire Department said the blaze was 78 hectares in size, and about 80 firefighters from a number of jurisdictions were battling the fire.

How the fire started was unclear, he said, but a team of investigators from the Delta Fire Department and B.C. Wildfire Service were working to determine the cause.

Burns Bog is one of North America's largest peat bogs and flames can sink under the dry peat, where they burn out of sight. But ground conditions and a quick response from firefighters kept the flames from burrowing beneath the peat, Copeland told a news conference Monday afternoon.

> It's a very special area and we're working very hard to bring it back to what it was, if we can.
> Mayor Lois Jackson

"We were able to get to it quick enough and soak it down so it didn't get deep into the peat," he said.

Fighting the fire is still tricky, he added, because of the area's soggy terrain.

Delta police have said it could take at least a week to extinguish the fire.

An evacuation order for businesses near the blaze was scheduled to be lifted Monday night. Highway 17, a major thoroughfare that cuts through Delta, was expected to remain closed from Highway 99 to the Highway 91 connector for several days.

Mayor Lois Jackson said the fire is a "major emergency" and the community was under provincial emergency status.

She said Metro Vancouver was monitoring air quality as smoke had drifted into Vancouver, but conditions improved since Sunday and it had not issued a general advisory.

Delta plans to consult with Metro Vancouver's Burns Bog scientific advisory panel for guidance in the recovery of the nature reserve, Jackson said.

"It's a very special area and we're working very hard to bring it back to what it was, if we can."

Jackson was also mayor in 2005, when a blaze in Burns Bog grew to more than two square kilometres and took more than a week to put out.

Olson said the bog's acidic, peat-forming ecosystem includes rare plants, such as cloudberries, called bakeapples in Newfoundland and Labrador, and velvet-leafed blueberries, along with two species of dragon flies among its diverse inspect species.

About 200 hectares of the bog remain private land that could be developed because it's not protected under a conservation plan set up by the municipal, provincial and federal governments, she said.

Most of Burns Bog is closed off to the public due to safety and conservation concerns, but about 60 hectares of an area called the Delta Nature Reserve is open and is often a site for school field trips.

THE CANADIAN PRESS

CANADA DAY

Police catch 35 impaired drivers

Matt Kieltyka
Metro | Vancouver

Vancouver police issued 35 immediate roadside prohibitions to impaired drivers during the Canada Day weekend.

The weekend marked the VPD's first Counter Attack blitz during the summer and spokesperson Const. Brian Montague expressed concern about the number of impaired drivers on the road.

"Unfortunately it's something we see every summer," said Montague. "Every summer we participate in these Counter Attack road checks — every winter there is a campaign as well — it's no secret that police are out there looking for impaired drivers yet we still seem to have drivers that make those poor decisions, have too much to drink and get behind the wheel of the car."

Twenty-two of the prohibitions were handed out at road checks, while another 13 were given out by regular patrol officers.

In addition, another eight drivers who did not yet have their full graduated licence (and aren't allowed any alcohol in their system) were given 24-hour and 12-hour prohibitions.

The Counter Attack road checks will continue throughout the month, Montague said.

"We'd love to have officers stand at road checks and have nothing but car after car go through showing no signs of intoxication," he said. "Unfortunately, that's not the case. These are 35 people who not only put their lives at risk, but others (as well)."

In addition to road check, Vancouver police are also rolling out its summer enforcement of loud motorcycles and cars this week.

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An example of a thermal image used to test homes' energy efficiency. CONTRIBUTED/CITY OF VANCOUVER

Wasteful homes go under the spotlight

ENERGY EFFICIENCY

Thermal image program will help owners to save hundreds

Matt Kieltyka
Metro | Vancouver

Vancouver is about to launch a large-scale thermal imaging program that will show just how efficient thousands of homes in the city really are.

The city's green building planner, Chris Higgins, told Metro that it hopes to have 12,000 to 15,000 homes tested this winter.

Similar to the technology used by Google street view, a vehicle equipped with thermal cameras would drive around neighbourhoods and capture images that show where a home is leaking heat by identifying gaps in insulation or faulty windows.

The results would then be sent to homeowners, along with information on incentives provided by companies like BC Hydro and Fortis, to encourage them to retrofit their home and potentially save hundreds of dollars annually in heating bills.

Higgins said the city is following the lead of Cambridge, Mass., Detroit, Mich., and Calgary, Alta., which have all already embarked on similar projects.

"We do have a sense [of where homes require upgrades] by home age and block-by-block natural gas usage, but we don't have the numbers for specific housing," said Higgins. "Other cities that have done this found thermal images to be a really effective engagement technique. Knowing that a block consumes a lot of natural gas is helpful, the question is how do you communicate to those homeowners and say, 'Hey, here are the grants available and here is your home compared to the average home.'"

Higgins said he had his own home imaged by a local company and learned one of the windows had failed.

"So we were able to put insulation in places where there was no insulation before, draftproof a little bit and reduce air leakage," he said. "One of the advantages was an upgrade in comfort. We noticed it was a lot less drafty and it was comfortable to sit near windows where it wasn't before in the winter."

The imaging is conducted in the winter because the contrast between heat inside and the cold air outside provides clearer results. Any renovations done by homeowners as a result would be voluntary.

A contractor will be hired to conduct the work soon.

The majority of homes tested will be single-family houses.

1-3,000

Chris Higgins expects anywhere from 1,000 to 3,000 homes to be identified as being ones that would "benefit greatly" from added insulation.

IN BRIEF

Shooting victim identified

A body found Sunday in a Surrey park has been identified as 27-year-old Brendan Aditya Chand. Chand's body was found just before 2 p.m. in Bog Park. The victim had been shot. Anyone with information into the homicide is asked to call IHIT at 1-877-551-4448 or Crime Stoppers. METRO

WARNINGS

Child is hurt after fall from window

Emergency officials say a child fell out of a window in Surrey, B.C., on Sunday night.

BC Ambulance says it responded to a call in the Johnson Heights neighbourhood just before 10 p.m. Two ambulances responded and one patient was taken to hospital.

The child's condition was not known, and the child's age has not been released.

Last month, a four-year-old boy died after he fell out of a window in Langley. After the tragedy, BC Ambulance issued a warning to parents to secure all windows. THE CANADIAN PRESS

Ken Leppert of the Ontario Provincial Police, speaks with colleagues at the Pride Festival parade in Toronto, Ont. GETTY IMAGES

Ban on police floats 'stupid': Union head

TORONTO

Black Lives Matter held a sit-in during Pride Parade

Members of the Toronto police force say they're offended that Pride organizers agreed to a list of demands set out by Black Lives Matter during Sunday's parade.

The list includes nine demands that range from banning police floats in future parades to increasing funding for spaces for racialized communities.

Janaya Khan, co-founder of Black Lives Matter Toronto, said the group took the position they were given in the parade as an opportunity to open up a conversation about how to make Pride more inclusive for marginalized groups.

Members of the group held a sit-in part way through the city's 36th annual Pride Parade, stopping it from moving forward for about a half hour.

It resumed when Pride's executive director, Mathieu Chantelois, signed the list of demands.

The president for the union representing the city's police officers said he's outraged that Pride would accept the demands.

Mike McCormack said that police officers have been supporters of Pride for years, and that it's "stupid" to try and exclude them.

> We have been supporting this parade for years, long before politicians and other people. Mike McCormack

"This is about the Pride parade, this is not about Black Lives Matter," he said in an interview Monday.

"We have been supporting this parade for years, long before politicians and other people. To suggest that police should be removed and not have a float or booths or be allowed in the community space, that's complete and utter nonsense."

He suggested that Black Lives Matter shouldn't be allowed to co-opt another group's event. Khan took issue with that stance.

"I can't co-opt what is mine," said Khan, who is part of the LGBTQ community, adding: "It was never community consensus that police floats should be a part of Pride to begin with."

And Khan noted that this sort of political action isn't unprecedented at Pride parades.

THE CANADIAN PRESS

CALGARY

Police to beef up Stampede security

Police and security officials say Big Brother will be a big help as they prepare to enforce the law at the Calgary Stampede.

The 10-day cowboy festival, which kicks off Friday with a parade, will have its own separate police district at the Calgary Stampede grounds.

There were 1,168,509 people who walked through the turnstiles last year and Stampede District commander, Insp. Leah Barber, says it's challenging to have about 100,000 people each day in the roughly 100-hectare park.

"We want to make sure we're visible. When someone is having a problem or they see something they think isn't right, we want to be there for them," said Barber.

"It's a lot of people in a very small area of the city, but luckily almost everybody here is here to have a good time and not to be doing criminal activity."

It's not always peaceful. Last summer officers responded to a fight in the midway area and discovered two men with stab wounds. One died last fall.

Bag checks will be in place at the front gates to search for weapons and alcoholic beverages.

The manager of security services for the Stampede said there will be additional officers assigned to the midway area. There are also a lot of cameras on the site, so if something untoward happens there's a good possibility it will be caught on video.

"Chances are very good. I won't give you exact numbers but we do have a rather extensive CCTV network on the park," said Paul Burrows.

Barber said having security cameras doesn't always prevent crime, but they are useful.

"When you have something occur, and you have video that shows what actually happened, it certainly makes prosecution easier," she said. "And sometimes it does make it easier to identify offenders or victims later if we can get the video soon enough."

Having 100,000 people in one place could also make the Stampede a target in any kind of terrorist attack, although Barber doesn't see that happening.

"With everything that's gone on around the globe recently, it's something that we're very aware of. We've been doing a lot of analytical work to ensure we have the information that we need.

"As a police service in general we want to make sure we're keeping all Calgarians safe." THE CANADIAN PRESS

> **At this time we don't have any information suggesting that this is a high-risk target.**
> Insp. Leah Barber

A man competes in the steer wrestling event during Calgary Stampede on July 5, 2015. THE CANADIAN PRESS FILE

OTTAWA

A sweet and sour stand story

Haley Ritchie
Metro | Ottawa

After a sour online response, the National Capital Commission has apologized for shutting down a lemonade stand over the weekend.

Seven-year-old Eliza Andrews and her five-year-old sister Adela had a morning of sweet sales when they set up their stand Sunday morning, but after about two hours of sales they were promptly shut down by an NCC officer because they didn't have a permit.

Sisters Eliza, right, and Adela Andrews on Monday in Ottawa. DAVE CHAN/FOR TORSTAR NEWS SERVICE

"We understood that it was NCC property," said father Kurtis Andrews. "But we figured a kids' lemonade stand wouldn't raise a bunch of fuss, and no one would make a big deal about it."

On Monday morning the girls and their father were invited to NCC headquarters to talk about bringing the lemonade stand back — this time with the proper documentation.

"They gave us the royal treatment," said Andrews. "We put in an application for a permit, and it sounds like they'll be expediting whatever process is required so we can set up next Sunday."

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BANGLADESH

Officials question hostages

Some of the hostages rescued from the weekend attack on an upscale restaurant in Bangladesh's capital were questioned Monday by investigators searching for clues about the possible masterminds behind the gruesome attack that left 28 dead, including many foreigners.

Authorities were still holding five of the 13 hostages rescued when commandos stormed the restaurant in Dhaka's diplomatic zone Saturday morning, killing six of the attackers and capturing one, according to officials.

Bangladesh police chief A.K.M. Shahidul Haque said authorities would be interrogating two men, including a suspected militant, who were detained during Saturday's operation. He would not say whether either had been among those counted as hostages, only that they were being treated in a hospital for unspecified injuries.

A second official said the five former hostages still being held included a Canadian citizen of Bangladeshi origin and a Bangladesh-born British citizen.

Global Affairs Canada, the government department which manages Canada's diplomatic and consular relations, and consular officials at the High Commission of Canada in Dhaka said they had not received any reports of a Canadian citizen being detained.

The brutality of the attack has stunned the traditionally moderate Muslim nation and raised global concerns about whether it can cope with increasingly strident Islamist militants.

That the attackers targeted a popular restaurant in the heart of the diplomatic quarter of Bangladesh's capital signalled a shift in militant tactics. Previously, most attacks were carried out by gangs of young men wielding cleavers and machetes and hacking individual victims before fleeing.

THE ASSOCIATED PRESS

People light candles on Monday at the scene of a massive car bomb attack in Karada, a shopping district where people were shopping, in the center of Baghdad, Iraq. HADI MIZBAN/THE ASSOCIATED PRESS

Iraqi men grieve at the scene of a deadly suicide car bomb on Monday. HADI MIZBAN/THE ASSOCIATED PRESS

Death toll climbs in Iraq

TERRORISM

Officials aim to tighten security measures

As the death toll from the weekend truck bombing in Baghdad climbed to 157, Iraq's embattled prime minister ordered new security measures, including abandoning the use of bomb-detection wands that U.S. experts pronounced worthless years ago.

But security forces were still using the devices Monday evening, as a string of smaller bombings in the capital killed 16 people and wounded dozens more.

Sunday's suicide attack by Daesh was the single deadliest bombing to hit Baghdad in more than a decade of war and insurgency.

Also Monday, five convicted terrorists were executed in Baghdad, the Ministry of Justice said in an announcement that appeared aimed at restoring faith in Iraq's security forces in the wake of the devastating attack.

Firefighters and medical teams were still uncovering bodies from the city's Karada neighbourhood Monday morning. Officials said a dozen people were missing and at least 60 of the dead were women and children. At least 190 people were wounded.

The blast struck after midnight when the neighbourhood was bustling with people breaking their daylight fast during the Muslim holy month of Ramadan. The attack demonstrated Daesh's ability to strike the capital despite a string of defeats on the battlefield, including the loss of Fallujah just over a week ago.

With public anger mounting, Prime Minister Haider al-Abadi ordered new security measures Sunday evening, including increased aerial scanning and intelligence-gathering in the capital and the installation of X-ray systems at the entrances of provinces.

He also ordered security forces to stop using a handheld electronic device that was widely sold as a bomb detector but has been repeatedly branded bogus by technical experts. And he ordered the reopening of an investigation into the purchase of the ADE 651s, which cost the Iraqi government tens of thousands of dollars each.

In 2010, British authorities arrested the director of the British manufacturer, ATSC Ltd., on fraud charges, prompting Iraqis to open their own investigation. Iraqi authorities made some arrests, but the device remained in use.

On Monday evening, Associated Press reporters saw a number of the devices still being used at checkpoints around the capital as another round of blasts erupted.

Many Iraqis blame their political leadership for the way large amounts of explosives have made it past multiple checkpoints into crowded neighbourhoods with disastrous results.

THE ASSOCIATED PRESS

MORE ATTACKS

Small-scale bombings occur on a near-daily basis in Baghdad.

- **In May** a string of large-scale bombings, many of them claimed by Daesh, killed more than 200 people in a single week.
- **In February,** Amnesty International reported that the number of Iraqis sentenced to death in 2016 was close to 100.
- **Later Monday,** about 10 rockets struck a refugee camp for Iranian exiles next to Baghdad's international airport, according to a Baghdad police official.

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IN BRIEF

Explosion in Saudi mosque
A suicide bombing outside one of Islam's holiest sites killed four Saudi security forces on Monday, and similar attacks outside a Shiite mosque and a U.S. Consulate in two other Saudi cities raised fears of a co-ordinated assault aimed at destabilizing the Western-allied kingdom. The Interior Ministry said five others were wounded in the attack outside the mosque where the Prophet Muhammad is buried in Medina. THE ASSOCIATED PRESS

BREXIT AFTERMATH

UKIP party leader steps down

UKIP leader Nigel Farage
AFP/GETTY IMAGES

Britain's Conservative prime minister is stepping down. The Labour Party leader is barely clinging to power. And now the head of the U.K. Independence Party, a key architect of the dramatic vote to leave the European Union, has resigned as well.

It has left the country with a power vacuum just as someone needs to step up and own the talks on how Britain will exit the EU.

The June 23 referendum results have ripped through British politics like a buzz saw.

The new Conservative Party leader will be chosen Sept. 9 and will become prime minister. The contenders are talking in general terms about "Brexit" plans, but their words aren't backed by any authority.

UKIP leader Nigel Farage said Monday he is leaving his party post because he wants his life back after years of political intrigue.

But observers note he's keeping his seat in the European Parliament and may well be hoping for a formal role when the new prime minister takes power.

THE ASSOCIATED PRESS

App shakes up transfers

FOREIGN EXCHANGE

TransferWise allows users to send money to 60 countries

TransferWise's two founders **Kristo Käärman** and **Taavet Hinrikus.** TORSTAR NEWS SERVICE

Kristo Käärman and Taavet Hinrikus built a billion-dollar business out of their common spendthrift's conundrum.

Käärman was paid in pounds at his job in London, but needed euros to pay off his student loans in Estonia. Countrymate Hinrikus was getting paid in euros through a bank account back home, but living in London and spending pounds.

Both were frustrated with how much money they were losing to their banks when transferring money to and from their own accounts.

So they decided to invent a new system. The two partnered to create TransferWise, a peer-to-peer foreign-exchange swap system that changes the way consumers in 60 countries send money abroad.

"I realized the way it works is the bank just uses a different exchange rate," Käärman said in an interview ahead of TransferWise's Canadian launch in April. "It's a very sneaky trick by the banks to fool you into thinking there's a fixed rate and actually they're taking a fee."

Since its founding in 2011, TransferWise has become a "unicorn" — a startup worth more than $1 billion — and attracted investors including Sir Richard Branson and PayPal founder Peter Thiel. It has been named Apple's "most innovative" app.

The service entered the Canadian market this spring, enabling users to send Canadian dollars to any of the 60 countries and 35 currencies on TransferWise's platform.

The company believes Canada is a market ripe for disruption, with more than three million Canadians living abroad and seven million people here who were born overseas. It estimates that Canadians are paying more than $1 billion in fees to transfer about $30 billion abroad every year.

TransferWise charges 1.2 per cent to exchange money — about 80 per cent less than Canadian banks. Bank customers don't pay the "mid-market" rate you see posted on the Bank of Canada or see in the paper. They pay the consumer rate, which has bank fees baked into it, and, often, other fees.

TransferWise's app converts money at the mid-market rate that banks offer big customers. It then matches a request for foreign currency with a request for an equivalent transfer in the opposite direction — someone who has that currency and looking for Canadian dollars.

"This is almost like the sharing economy in the financial sense, in that there are other people who need those currencies and we're just a tech platform that makes it move very efficiently," Käärman said. TORSTAR NEWS SERVICE

CONTRACT TALKS

Canada Post hopes to get deal

Canada Post says talks with the union representing postal workers continue and it still hopes to negotiate a deal.

Spokesman Jon Hamilton says the company has not given the required 72 hours notice of a lockout, nor has the union given notice of any job action.

Both sides remain at the negotiating table and Hamilton says he hopes they can reach an agreement that is "affordable and reasonable."

Canada Post made new contract proposals about a week ago, and the union presented a counter-offer on Friday. That offer includes wage hikes and rejects Canada Post's plan that would have new employees get a pension plan that operates like an RRSP, called defined contribution, instead of the defined benefit plan for current employees that guarantees a set level of retirement benefits.

Hamilton says Canada Post has expressed frustration over the proposal, which he says "puts us in the exact opposite direction of where we need to be." THE CANADIAN PRESS

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Finding your way

Identify your financial goals and plot a course that will help you reach them

ISTOCK

Sean Deasy

You're financially savvy enough to manage your debts and build your savings. But you lack some focus: having a comprehensive financial plan still seems daunting. Here are some tips to get you on your chosen path.

Before embarking on your financial path, you need to identify what's important to you — and that's likely dictated by your life stage. These decisions are the foundation of your financial goals. Do you want to travel? Set aside savings to take time off work. Want to start your own business? Save up and apply for a business loan. Want to secure your kids' post-secondary education? Make RESP contributions. Want to live free of money worries? Focus on paying off your credit cards. And so on.

Prioritize your goals into short-, medium-, and long-term. A short-term goal may be paying off a debt. A medium-term goal may be taking a once-in-a-lifetime trip or saving for the down payment on a first home. Long-term goals typically include a retirement strategy, being mortgage free or helping children kick-start their own financial future.

Setting financial goals hinges on how much and how long you need to save. This typically means the financial sacrifice of setting aside income each month. The exact amount is up to you: how big is your dream, and how quickly do you wish to make it real?

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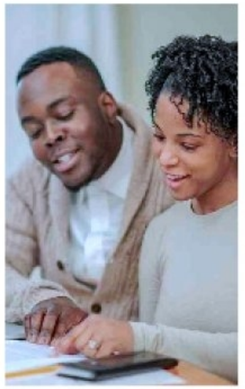
Fuelling your financial plan

How to stay the course and reach the finish line sooner

Sean Deasy

So you're firmly on your chosen financial path. But are you going to reach your destination in good time? Here are a few ways to help build some more momentum.



ISTOCK

If you have reached a level of financial security, it's wise to start investing your hard-earned cash.

If you have reached a level of financial security, it's wise to start investing your hard-earned cash. Mutual funds are a simple way to start building an investment portfolio. A mutual fund is a collection of bonds, stocks or other investments that are selected and managed by a professional on your behalf. Mutual funds combine contributions from you and other investors, giving you access to a wider range of investments than you'd typically enjoy.

Keep a watchful eye on your finances. Regardless of your life stage, it makes sense to regularly review your plan, perhaps quarterly, to gauge your overall progress and determine if you need to make tweaks. Have your income and debts changed for better or worse? Are your investments performing as expected? And, perhaps most importantly, have your actual goals changed? Remember, life sometimes gets in the way of the best-laid plans!

Managing a financial plan takes effort, patience and vigilance. And though no amount of planning can guarantee an outcome, it's always better than the alternative: not having a plan.

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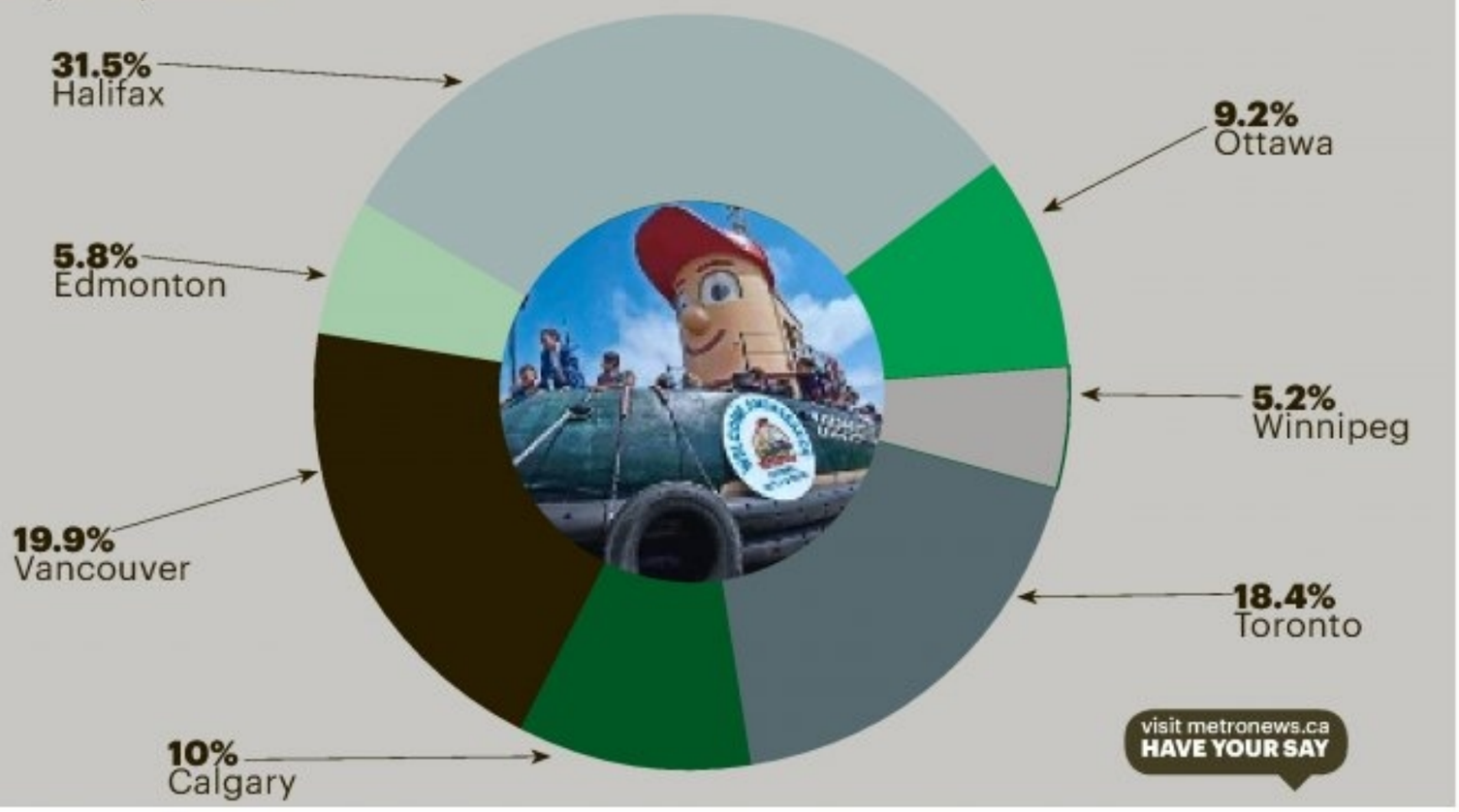
metro VIEWS
Your essential daily news
Tuesday, July 5, 2016

METRO POLL

Halifax is your favourite Metro city!

Last week, on the occasion of our home and native land's 149th, we decided to settle once and for all which Metro city is the best in the nation. We asked prominent Canadians to extol their hometowns and then we invited you, the readers, to vote online. Here are the final results, adjusted on a per capita basis.



City and province are failing the working poor

CITY HOLLER

Trish Kelly

I spent my Canada long weekend reading a new report by the Canadian Centre for Policy Alternatives and getting mad.

The report, titled Working Poverty in Metro Vancouver is full of stats and truth bombs about the growing number of Vancouverites who are working and still poor. In 2012, over 105,000 Metro residents were working and still below the poverty line.

If you're one of the people who still has the energy to see unfairness, get angry.

A full-time worker who earns the current minimum wage of $10.45, and has no dependents will fall below the poverty line. Single-parent families and those living alone are most likely to be working poor. Immigrants, those newly arrived or here fewer than 15 years, have double the rates of poverty than Canadians born here or longer-term immigrants face. It's brutal math.

The truth is we have allowed those in power to construct a system that ensures there will always be desperate people who cannot afford to do the math. Whether we're talking about new Canadians who find their credentials unrecognized, or migrant farm workers who work with no EI benefits or labour rights. And because we have this pool of cheap labour who can't afford to object to how badly our system is exploiting them, our society doesn't recognize the consequences.

Moreover, most of the data in this report stops at 2012. Those of us living and working here the last four years know things are just getting harder. Higher food and housing costs, more low-quality, temporary jobs and higher barriers to EI benefits if you get laid off — all of these are contributing to more people living in poverty. How much higher will it be when we see this year's census results?

These numbers should make you angry. If you are one of the Canadians whose pride swelled when we opened our borders to Syrian refugees, because we were finally getting back to the Canada we want to be, get angry. If you're one of the young people whose lack of financial power is made invisible because you still live with your parents, get mad. If you're one of the people who still has the energy to see unfairness, get angry.

The problem of working poverty is not some unsolvable, inevitable pickle. It's the result of a series of decisions; all we have to do is make different decisions. Raising the minimum wage so that a full-time worker is above the poverty line is one such decision. The B.C. NDP has already promised a $15-dollar minimum wage as part of their platform for next year's election. Let's ensure every party who wants our vote has to match that promise.

Let's make them all do the math.

Trish Kelly works and writes in East Vancouver. Follow her on Twitter @trishkellyc

EU is both symptom and potential cure

Joel Blit
For Metro

In the aftermath of the Brexit, it is tempting to paint the leavers as xenophobes or racists. And while there are some unsavoury elements within the Brexit movement, it would be simplistic to ascribe the movement's success to widespread bigotry. Moreover, doing so would preclude us from understanding the discontent. The leavers are right to feel aggrieved.

Economic integration has been sold as a rising tide that lifts all boats. In my undergraduate international trade course, one of the first lessons is that there are gains from trade for all countries. But what often gets overlooked is that within each country there are winners and losers. The reality is that while trade has brought many of the anticipated rewards, these have not been shared. The Organization for Economic Co-operation and Development reports that between 1975 and 2012 much of the income growth generated has gone to the one per cent of earners.

In the U.S., 47 per cent of the entire pre-tax income growth was captured by the one per cent. For Canada, this fraction was also large, at 37 per cent.

The major cause that most economists would point to is technological change. Software and robots are taking over routine jobs. And as the $19-billion US acquisition of 55-employee WhatsApp showed us, technology has also allowed the creation of firms that generate massive value for the investors and entrepreneurs while creating precious few jobs.

What is certain is that immigration has played at most a minor role in increasing inequality. Blaming immigrants for the low wages and lack of jobs is misguided.

Unless we are willing to halt technological progress, increasing income inequality may be a reality that we will have to cope with. This does not mean we have to accept that the rich will get richer while the poor will get poorer.

The implicit bargain is that for us to collectively agree to trade liberalization, those who benefit must share some of their gains with those who get hurt. Governments can ensure a good quality of life for all by implementing redistributive policies and offering quality public services, such as education and health care. Doing so will require that governments tax corporations and the very rich. But this is difficult for any one country because these groups are the most internationally mobile. As the Panama papers showed us, it is all too easy for the rich to set up offshore investments and avoid paying taxes.

Tackling inequality will require international co-operation and governance — just the sort of political integration that is best modelled by the EU, the very thing that the disenchanted voted to leave.

The leavers are right to feel aggrieved. But their anger at the EU is misplaced. Exiting will only weaken the one institution that offers a model for fighting inequality.

Joel Blit is a professor of International Economics at the University of Waterloo and a Senior Fellow at the Centre for International Governance Innovation.

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metro LIFE

Your essential daily news

Celine Dion triggers media mayhem with rare appearance at Christian Dior's couture show

Check out your partner's moles

RESEARCH

Screening strategy helps identify new melanomas

Genna Buck
Metro Canada

Kathy Barnard's husband gives her an unusual, but sexy, gift each Valentine's Day.

He checks all her skin, from head to toe — for abnormal moles, that is.

As a survivor of melanoma, the most dangerous kind of skin cancer, Barnard is at high risk of a recurrence.

And research shows her screening strategy works.

In a new study, published last week in the Journal of the American Medical Association (Dermatology), high-risk patients who had melanoma before and their partners were assigned either no special treatment or, instead, training on how to identify new cancers. They were followed up for two years, with dermatologist visits every four months.

The results were impressive.

Patients and their partners who got the training correctly identified more than 60 per cent of new melanomas (the remainder were diagnosed by doctors). On the flip side, participants in the group who got no training were not able to spot new melanomas on themselves or their partners. All the cancers for those participants were instead detected by doctors.

New research has found that patients and their partners who received proper training were able to correctly identify more than 60 per cent of new melanomas. Participants who didn't receive training weren't able to spot new melanomas on themselves or their partners. ISTOCK

ABC'S OF SCREENING

Patients were given a simple A-B-C-D-E scorecard to help them remember how to screen their loved one's skin.

Assess moles and be aware of any that fall under the 3) description in each of the following categories:

Border
1) Smooth, regular border
2) Not sure
3) Jagged, irregular border

Colour
1) One or two colours, no blending
2) Not sure
3) Variety of colours with blending

Diameter
1) 4 mm or less
2) 5 mm
3) 6 mm or more

Evolution of any of the above

See your doctor within two weeks if any mole scores a 3) for B, C and D, or if there is any evolution at all in its border, size or colour.

> **It's not just your spouse, but everyone connected to you.**
> Kathy Barnard

If it's caught in the earlier stages, survival rates for melanoma are above 90 per cent. Most patients diagnosed with advanced melanoma, on the other hand, die of their disease within five years.

The extra education didn't seem to increase anxiety or encourage extra doctor visits, pointing to how programs like this, though the initial research is expensive, could save money in the long term.

Barnard, who is president of the Save Your Skin Foundation in Vancouver, which does public education and support, estimates about half the melanoma patients she works with had their cancer discovered by a loved one.

"It's not just your spouse, but everyone connected to you," she said. "My niece found my (cancerous) mole on my back when I was in a bathing suit."

The new research aimed to build on informal screenings people do at home, explained Dr. Jane Robinson, the lead author of the study.

She got the idea years ago when she was getting ready to discharge a melanoma patient after he had surgery to remove a cancerous mole on his back.

"I was explaining to this about-50-year-old man that he could develop another cancer, and telling him he had to check," Robinson said.

"I'll never forget it. He looked at me and said, 'Doc, my wife takes care of all that stuff!'

"I said 'Where's your wife? Go get her! So he runs out the door with his shirt hanging out and brings in his wife from the waiting room."

Robinson taught the man's wife the warning signs to look for, especially in hard-to-see areas like his ears, back and the top of his head.

"She is all over it. Poking him, and questioning me so she could get it right," Robinson said. "It was out of love, to make sure he lived a long time."

In fact, Robinson added, partners who say they aren't particularly well bonded and don't spend much time together still succeed at identifying each other's cancers. Some even told her the screening ritual brought them closer together.

"People had a job to do," Robinson said. "They knew it was, 'Do this or the person could die.'"

modern dating
a glossary

Concepts that have recently emerged in pop culture that may help you figure out your dating life. TORSTAR NEWS SERVICE

The term **softboy** was coined by Alan Hanson in a Medium article last August. It's a man who portrays himself as a complicated being with feelings but who is ultimately selfish. "He discusses his ex-girlfriend within the first 30 minutes of the date. He talks about her in a sad, wistful way rather than a snarky, resentful way ... He is artistic. He is aware. He is still a d---," writes Hanson.

Benching, as described by Jason Chen in New York Magazine, is when the person you're seeing continues to text you, Snapchat with you and send you memes on Instagram, but no longer commits to seeing you in person.

Haunting is when someone who ghosted you returns in the form of social media interactions — without being in touch directly with words. They like your Facebook posts and view your Snapchat stories, but unlike benching they don't get in touch directly.

Sliding is a form of social media flirtation that happens when someone you don't really know sends you a personal message on social media. They "slide into your DMs (direct messages)." It's an action that is usually a little precocious, if not abrupt. It usually happens before you've indicated any interest.

Tuning is flirting (usually online) in a way that skirts the possibility of being rejected and may lead to a booty call (or text). The person sends signals in the form of Instagram or Facebook likes, Snapchats and text messages. Once there's been a back and forth, validating interest, a late-night direct message could follow.

Fall and winter are considered **cuffing season**, a time when people who would usually prefer being single all of a sudden dread the idea of being alone. It makes them want to couple up, if only for those three to four months.

COMMUNITY PADDLING DAY

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Stars dress down industry standards

RED CARPET

Some actresses find it hard to get designer duds for events

Ghostbusters star Leslie Jones' recent online lament about having trouble finding a designer to dress her for the film's premiere points to the challenges actresses face when it comes to walking red carpets in style.

While one nice tux might carry a male actor through many a premiere, it's customary for female stars to show up in new attire for every photo opportunity, which makes finding fresh, fashion-forward outfits for such occasions a time-consuming task, especially for women larger than a size 2.

"It's so funny how there are no designers wanting to help me with a premiere dress for (a) movie," wrote Jones, who is six feet tall. "Hmmm that will change and I remember everything."

But for designers, it's not just about their star clients fitting into smaller sizes, said celebrity stylist Nina Hallworth. It also has to do with creating a mutually beneficial partnership between the clothier and the star.

"It is about how a designer wants to be represented as an artist," Hallworth said in an interview. "We have worked with women who are sample sizes and incredibly well known and a designer will say no to that collaboration as creatively it is not a fit — even if we think it is."

As it turned out, designer Christian Siriano responded to Jones' call on Twitter last week and agreed to make her gown. He said in a statement that he's a fan of the actress and her work.

"I can't wait to create something special for her to wear," the statement said. "I support all women no matter age or size!"

"It shouldn't be exceptional to work with brilliant people just because they're not sample size," Siriano wrote on Twitter. "Congrats aren't in order, a change is."

He followed up later in the week with photos of Jones visiting his studio, where she said they are "making magic."

It's not clear how long Jones had been seeking a dress for the premiere, but she hasn't been alone.

Other actresses outside the size-2 landscape have said it can be hard to find designers to work with, even for high-profile events. Melissa McCarthy said that when she was invited to the Oscars after the success of Bridesmaids, she couldn't find anyone to make her a dress.

"I asked five or six designers — very high-level ones who make lots of dresses for people — and they all said no," she told Redbook magazine in 2014.

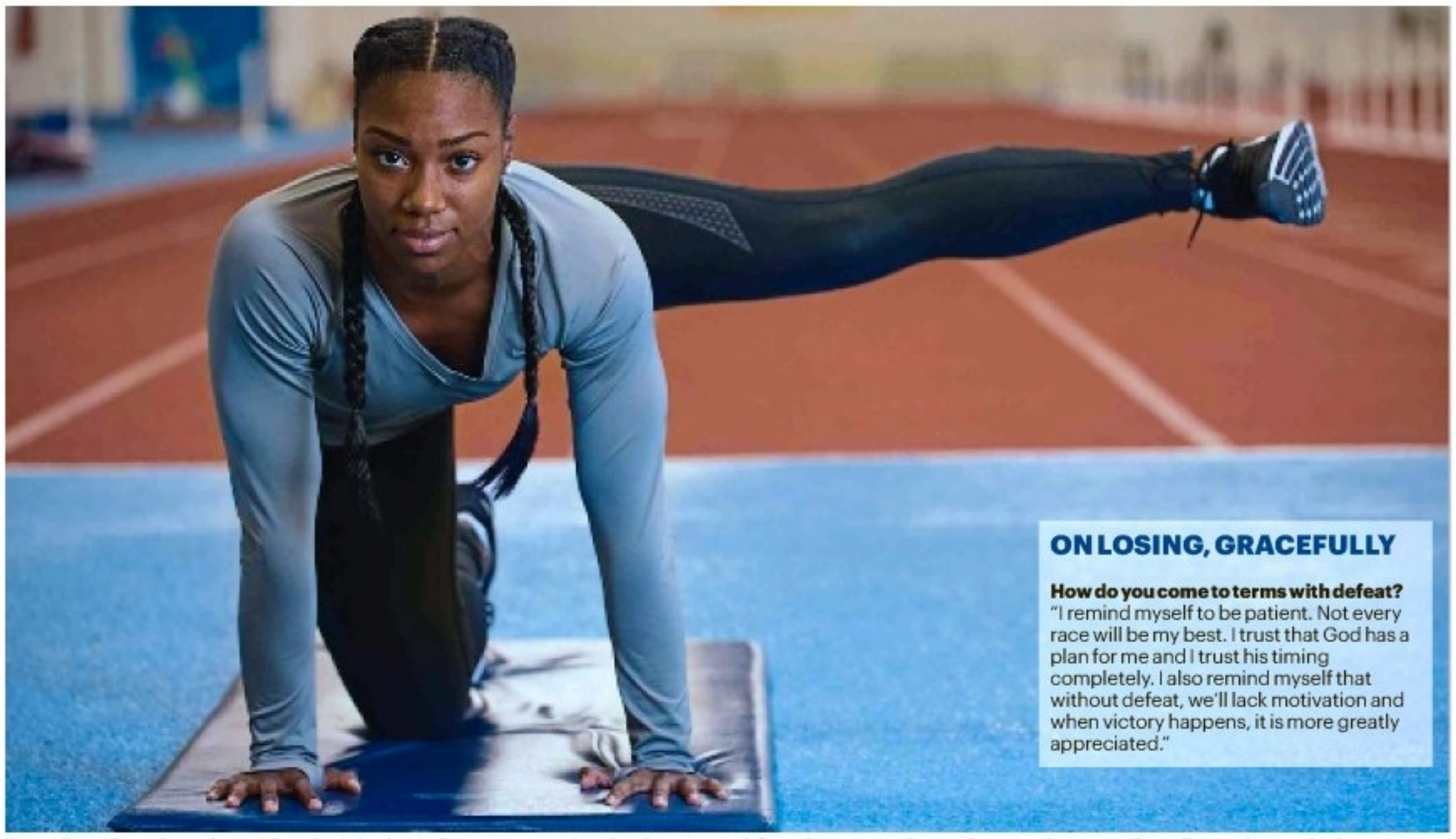
McCarthy has since launched her own clothing line and helped design the dress she wore to this year's Golden Globes.

"Collaboration between designers and actors is symbiotic," Hallworth said. "A great image can last a lifetime; a bad one longer."

THE ASSOCIATED PRESS

Actress Leslie Jones who is six feet tall, pictured with Ghostbusters co-star Kate McKinnon, has had trouble finding designers willing to dress her for the film's premiere. ALBERTO E. RODRIGUEZ/GETTY IMAGES

"I asked five or six designers — very high-level ones who make lots of dresses for people — and they all said no."
Melissa McCarthy, on when she was invited to the Oscars after the success of Bridesmaids



Canadian Olympic sprinter Khamica Bingham shows an exercise she does to work her gluteus maximus, the muscle group she relies on for explosive starts.
CHRIS SO/TORSTAR NEWS SERVICE

ON LOSING, GRACEFULLY

How do you come to terms with defeat?
"I remind myself to be patient. Not every race will be my best. I trust that God has a plan for me and I trust his timing completely. I also remind myself that without defeat, we'll lack motivation and when victory happens, it is more greatly appreciated."

Canada's fastest woman on hard work, good rest and trust

KHAMICA BINGHAM

Young sprinter preps for race day with films, naps, makeup

Athletes — they're not just like us.

Leading up to the Rio Olympics and Paralympics, we take a look at Canadian athletes' diets, fitness routines and mental health, profiling Canadians who hone their bodies and sharpen their minds for competition.

Khamica Bingham, Canada's fastest woman, hasn't let success go to her head.

"When I'm off the track, I'm the laziest person ever," says the Brampton sprinter, 22. "For me, celebrating a victory is eating my favourite food!"

In Rio, Bingham is expected to compete in both the 4x100-metre relay and the 100-metre sprint.

Your go-to food after a tough workout?

I don't have a huge appetite after a tough workout. I love smoothies or fruit. Later, I eat something more filling that has carbohydrates and protein because I'm starving by then. Chicken and rice with vegetables is my typical go-to food.

What's your eating plan on competition day at the Olympics?

Something with a lot of carbohydrates. My favourite meal is chicken parmesan with pasta on the side.

What are your thoughts on cheat meals?

I love chips! Or chocolate and a brownie with ice cream.

How do you de-stress?

Prayer is the best stress-reliever for me. When I'm really stressed and have to travel a far distance, I just let out any emotion that I need to and just talk to God.

How do you motivate yourself when you don't want to train?

As an athlete, there are so many days where you're mentally exhausted, physically sore or just tired. It's rough to get out of bed, but I try and remind myself that this is something I love to do, and I am blessed to be given the opportunity to run and chase after my dreams. I want to look back and have no regrets.

What goes through your mind the day of a competition?

I visualize what I want to do in order to be successful. I try not to think about much else, because all the thinking and preparation happens in practice. For the competition, I like to just trust my body to do what it knows to do.

What do you do the day of a competition?

I get up early and have a healthy breakfast. Then I try and take a nap to make sure I'm really rested. I try to stay distracted by watching TV shows or movies on my laptop until I have to get ready. Then I listen to music as I get ready and put on my makeup — that gets me in the mood to go out and kick some booty!

How do you recover after a competition?

When I run really fast, the next day I'm super sore. A short jog or warm-up helps — so does a massage — but ultimately, a day off is the best way to recover.

What workout/exercise do you dread most?

Speed endurance is my worst enemy! I dread it because the pain level is awful. Your legs get filled with lactic acid and feel like they weigh a million pounds. You're out of breath but also feel like you want to throw up.

Are there any workouts that you've eliminated from your training because you found they weren't effective?

The only thing I have eliminated from my training is static stretching before working out. Static stretching is your basic stretching when you hold a stretch for 20 to 30 seconds. I recently found out that it isn't as effective as stretching after your workout. TORSTAR NEWS SERVICE

DIET

Diabetes and your address

Canadian adults under 65 may be at greater risk of developing diabetes if they live in a neighbourhood swamped by fast-food restaurants with few alternatives, a new study suggests.

The study, led by a University of Toronto researcher and published in the Canadian Journal of Public Health in June, looked at data from 7,079 participants aged 20 to 84 living within a 10-minute walk of at least one restaurant in Toronto, Brampton, Mississauga or Hamilton. Researchers found that, over five years, people younger than 65 living in an area with a high proportion of fast-food restaurants (at least three) and few alternatives were significantly more likely to develop diabetes than those living in areas with a larger variety of restaurants.

"Our key finding is that the double burden of living near a high volume of fast-food outlets and few alternatives, such as sit-down restaurants or cafés, was associated with the highest risk of developing diabetes," said the study's lead author, Jane Polsky, a PhD candidate with U of T's Dalla Lana School of Public Health.

"The higher the percentage (of fast-food restaurants), the worse your diabetes risk."

The study results show that for approximately every 40-per-cent increase in the percentage of all restaurants classified as fast food there is, statistically, a nearly 80-per-cent greater risk of developing diabetes.

Study results accounted for factors such as age, sex, education, household income, smoking status and walkability and focused on how much the increased diabetes risk was because of restaurant exposures.

The high volume of fast-food restaurants and lack of healthy options may "normalize" fast food for consumers, said Polsky. TORSTAR NEWS SERVICE

HEALTH GIVE IT A REST, TEACHERS

A classroom full of hyper, rude and badly behaved students screaming at the top of their lungs — and refusing to settle — is enough to give any teacher burnout. But a new UBC study of 406 Vancouver students in Grades 4 to 7 suggests the reverse might be true, too: Teachers' stress may be rubbing off on students.

Kids whose teachers reported more emotional exhaustion and feelings of disconnection from their students had higher morning levels of cortisol, an important stress hormone. Children with mental-health and behaviour problems, as well as those who've been bullied, tend to have higher levels of cortisol. The kids' cortisol levels varied widely from class to class, and the researchers found about half the variation could be explained by how much burnout the teacher reported. Though more research is needed, this study could be a reminder for parents and teachers to stay calm. GENNA BUCK/METRO

metro SPORTS

"David Eugene Chappelle... Start planning the next Player Haters Ball": Andre Iguodala's tweet after Kevin Durant's free agency decision

If you can't beat 'em, join 'em: Durant picks Dubs

NBA

Ex-MVP makes Golden State's star-studded cast brighter

Kevin Durant decided his best chance for "growth" means leaving his beloved Oklahoma City behind for a big move out West to join the star-studded, record-setting Golden State Warriors and play alongside Splash Brothers Stephen Curry and Klay Thompson.

In the most anticipated move of the NBA off-season, Durant announced his decision Monday on The Players' Tribune. His contract is for $54 million over two years and includes a player option, a person with knowledge of the deal said Monday, speaking on condition of anonymity because details weren't made public. Durant's move will become official as soon as Thursday, when free agents can sign their new contracts.

Independence Day, indeed.

"The primary mandate I had for myself in making this decision was to have it based on the potential for my growth as a player — as that has always steered me in the right direction," Durant said in the article. "But I am also at a point in my life where it is of equal importance to find an opportunity that encourages my evolution as a man: moving out of my comfort zone to a new city and community which offers the greatest potential for my contribution and personal growth. With this in mind, I have decided that I am going to join the Golden State Warriors."

And the 2015 champion Warriors, who squandered a 3-1 NBA Finals lead to lose to LeBron James and the Cavaliers last month, know how tough Durant is in any lineup: they rallied from down 3-1 to beat Durant and the Thunder in a seven-game Western Conference final.

Golden State applied a full-court press to land Durant. On Friday in the Hamptons, the Warriors sent owner Joe Lacob, general manager Bob Myers, coach of the year Steve Kerr, Curry and Thompson to meet with the six-foot-nine superstar.

The 2013-14 MVP and four-time scoring champion led the Thunder to the NBA Finals in 2012, and to the Western Conference final in four of the past six years — and he's only 27. He recovered from a broken bone in his right foot that cost him much of last season to post one of the best years of his career.

Durant met with the Thunder, Warriors, Los Angeles Clippers, Boston Celtics, San Antonio Spurs and Miami Heat once teams could begin negotiating with free agents.

THE ASSOCIATED PRESS

The Golden State Warriors will soon boast the two most recent MVPs in Kevin Durant (2013-14), right, and Stephen Curry (2014-15, 2015-16). ANDREW BERNSTEIN/NBAE VIA GETTY IMAGES

> **It really pains me to know that I will disappoint so many people with this choice, but I believe I am doing what I feel is the right thing.** Kevin Durant

Wizards centre Marcin Gortat (@MGortat)

Nuggets forward Jusuf Nurkic (@nurkic23)

NBA IN BRIEF

Gasol, Spurs agree on deal

The San Antonio Spurs didn't waste any time after losing out in the Kevin Durant sweepstakes.

The Spurs agreed to a two-year deal with veteran forward Pau Gasol on Monday, a person with knowledge of the situation told The Associated Press.

The deal is worth more than $30 million and final terms will be completed after the Spurs make a move or two to create the necessary cap space.

Heat offer Wade $40M

Dwyane Wade has an offer to consider.

Wade has been extended a two-year, $40 million contract offer to stay with the Miami Heat, a person with knowledge of the negotiations told The Associated Press on Monday. The second year would be at Wade's option.

Mavs look to capitalize on Warriors' salary-cap issues

Andrew Bogut is headed to the Dallas Mavericks from Golden State thanks to the Warriors' successful pursuit of Kevin Durant.

A person with knowledge of the deal said Monday that the Mavericks have agreed to acquire Bogut with the Warriors trying to clear salary-cap space. The person also said the Mavericks are set to sign Harrison Barnes, who will become an unrestricted free agent after Golden State renounces his rights.

THE ASSOCIATED PRESS

WIMBLEDON

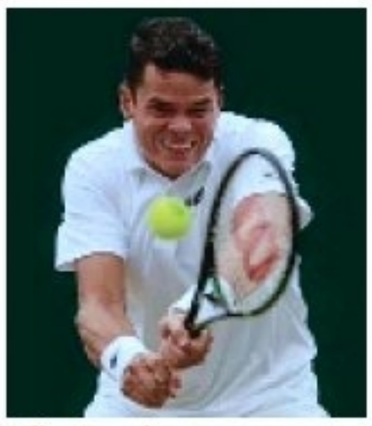
Raonic digs his way out of two-set hole

Canada's Milos Raonic advanced to the quarter-finals at Wimbledon on Monday, coming back from two sets down to beat Belgian David Goffin 4-6, 3-6, 6-4, 6-4, 6-4.

The sixth-seeded Raonic recovered confidently after struggling early in the match and won after trailing by two sets for the first time in his career.

Raonic, from Thornhill, Ont., will next face 28th seed Sam Querrey of the United States.

THE CANADIAN PRESS



Milos Raonic GETTY IMAGES

MLB IN BRIEF

Giants hand Rockies their sixth straight loss

Angel Pagan hit a two-run homer, Buster Posey also connected to back Jake Peavy, and the San Francisco Giants beat the Colorado Rockies 3-1 on Monday.

Peavy (5-7) struck out six over 6-2/3 innings.

Nolan Arenado hit two doubles, but the run-starved Rockies lost their sixth straight game and fourth in a row held to one or fewer runs.

THE ASSOCIATED PRESS

Red Sox march hit parade over Rangers

Brock Holt hit a two-run homer, Sandy Leon had four hits with three of Boston's season-high nine doubles, and the Red Sox beat the Texas Rangers 12-5 Monday.

Mookie Betts hit a two-run homer, Travis Shaw and Dustin Pedroia each added a solo homer as Boston banged out 13 extra-base hits.

The Red Sox had a season-high 21 hits.

THE ASSOCIATED PRESS

MLB

Sanchez solid as Jays down champs

Aaron Sanchez pitched eight sparkling innings and the Toronto Blue Jays' offence sprang to life in the seventh for a 6-2 victory over the Kansas City Royals on Monday.

It was the teams' first game since the Royals beat Toronto in Game 6 of last year's American League Championship Series.

Sanchez (9-1) allowed one run on three hits while striking out three to extend his winning streak to eight straight decisions.

Josh Donaldson and Darwin Barney each hit two-run singles in a five-run seventh inning for the Jays (46-38). Devon Travis tacked on an RBI with a bases-loaded walk and Michael Saunders had an RBI groundout in the first. THE CANADIAN PRESS

MONDAY In Toronto

6	2
BLUE JAYS	ROYALS

Final four is getting Real

EURO 2016
SEMIFINAL SETUP

Madrid stars' 'friendship will have to wait' till after match

When Portugal and Wales face off for a spot in the final of the European Championship, two players will be expected to rise far above the rest.

Cristiano Ronaldo and Gareth Bale, club teammates at Real Madrid and the most expensive players in the history of the sport, will bear the hopes of their nations on Wednesday night at Stade de Lyon.

None of the matches played at Euro 2016 has pitted two players of such unequaled star status.

The stage, fittingly enough, could hardly be bigger. The winner will earn a spot in the July 10 final at Saint-Denis against either world champion Germany or host France.

"Two of the best players on the planet," Wales coach Chris Coleman said. "I don't suppose there will be any love lost on the evening. We know what's at stake, any friendship will have to wait until after the game."

Less than six weeks ago, Ronaldo and Bale joined in celebrations after winning a second Champions League trophy in their three seasons together at Real Madrid.

Since moving to Spain on a record 100-million euro transfer that broke Madrid's own deal for Ronaldo, Bale has always played the role of deferential sidekick.

The match in Lyon offers Bale the stage to challenge that hierarchy.

He arrives in better form than Ronaldo. The Wales winger has three goals (only France's Antoine Griezmann has more with four), including two from free kicks.

Cristiano Ronaldo and Gareth Bale won their second Champions League with Real Madrid in May. GERARD JULIEN/AFP/GETTY IMAGES

Wales is also riding a huge high after the most important victory in its history: a 3-1 comeback to oust Belgium in the quarter-finals.

It means that Wales has taken the label of underdog fan favourite from Iceland after its fairytale run was ended by France on Sunday.

Ranked outside the top 100 four years ago, Bale scored seven goals in qualifying to carry Wales into its first major competition since the 1958 World Cup. Once in France, it defied expectations by finishing ahead of England to win its group. It then topped that by becoming the first debutante to reach the semifinals since Sweden in 1992. And Wales has made its run in style. With Bale leading the way, it is second only to France with 10 goals scored and joins the hosts as the only teams to have won four matches outright, not counting wins from shootouts.

Portugal, by contrast, has clawed its way into its fourth semifinal in the last five tournaments. Having squeezed into the last 16 after three draws at the group stage, it needed a win in extra time against Croatia and then penalties to get past Poland.

Across its five matches, Portugal has been in the lead for a total of only 22 minutes and Ronaldo's two goals against Hungary are his only two strikes at the tournament. While Bale leads all players with 13 shots on target, Ronaldo has the inglorious statistic of a competition-high 14 shots off the mark.

"If Cristiano Ronaldo doesn't score, it doesn't mean he isn't playing well and doing other things," Portugal coach Fernando Santos said in defence of his forward. "Cristiano Ronaldo is an example as captain of this side. He's doing a great job. He wants to win." THE ASSOCIATED PRESS

SEMIFINALS

Wednesday
Portugal vs. Wales
Thursday
Germany vs. France

IN BRIEF

Cavendish sprints to Stage 3 win at Tour

Mark Cavendish showed off his sprinting experience by edging German rival Andre Greipel in a photo finish to win the third stage of the Tour de France on Monday.

World champion Peter Sagan held on to the race leader's yellow jersey he claimed a day earlier. THE ASSOCIATED PRESS

Oily Rio water turns white sailing boats brown

A new pollution problem has surfaced in Guanabara Bay, the venue for sailing in the Rio de Janeiro Olympics.

Sailors complained Monday about an oil slick that turned white boats brown with crews in town practising for the Olympics.

"We've never seen anything like this. It was all over the place," said Finnish sailor Camilla Cedercreutz. "There was no way you could avoid it."

THE ASSOCIATED PRESS

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RECIPE Pesto Pizza with Sundried Tomatoes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You'll want to spread this garlic-y topping on just about everything.

Ready in
Prep time: 5 minutes
Cook time: 15 minutes

Ingredients
- 2 cloves garlic, peeled and quartered
- 2 cups baby spinach
- 1 cup basil leaves
- 1/2 cup finely grated Parmesan
- 1/2 cup olive oil
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 large store bought flatbread
- 1 Tbsp olive oil
- 1 cup ricotta cheese
- 1/2 cup shaved Asiago cheese
- 1/4 cup chopped sun-dried tomatoes
- Chopped basil for garnish

Directions

1. Preheat the oven to 375 C. Prepare a baking sheet with parchment paper. In a food processor, mince garlic, then add the spinach, basil, Parmesan, oil and salt and pepper. Purée until smooth.

2. Lay the flatbread on the prepared baking sheet. Sprinkle with a bit of olive oil. Spread the pesto across the top of the flatbread leaving a 1/2-inch border around the edges. Drop heaping tablespoons of the ricotta onto the pesto. Sprinkle with Asiago and sun-dried tomatoes

3. Bake for 8 to 10 minutes, or until the edges of the crust are golden brown and the cheese is melted. Remove from the oven and sprinkle with chopped basil and slice into triangles to serve.

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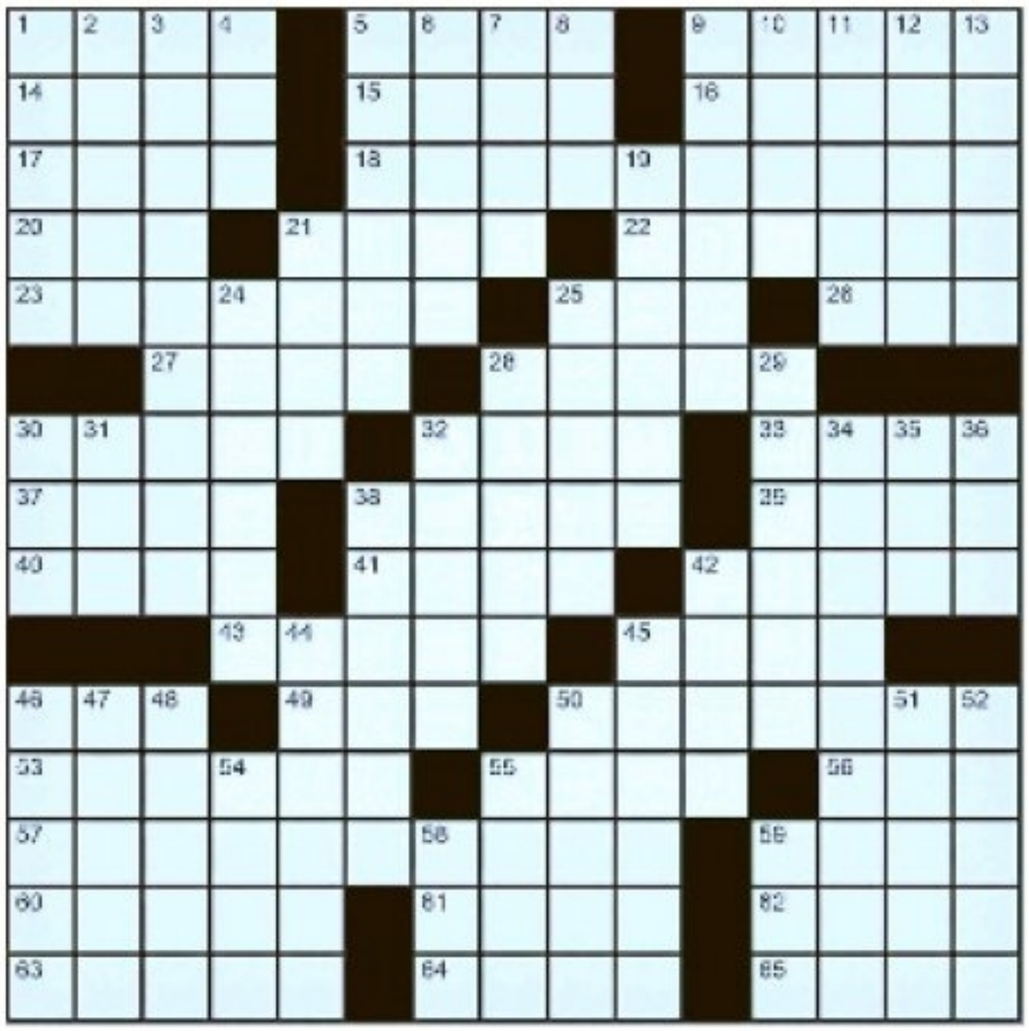
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Theo __, "Canadian Idol" Season 6 winner
5. Track circuits
9. Mr. Redmayne of movies
14. Troll
15. "How now, _ _?" - Hamlet
16. 1987: __ Lake Accord
17. Two-masted boat
18. Canadian actor who played the character at #3-Down: 2 wds.
20. Archaic-style suffix
21. Reject in romance
22. Sooner or later: 2 wds.
23. Gods
25. Opposite of 'Post'
26. Parisian possessive
27. Laundry fasteners
28. Bowl game airship
30. Superhero costume pieces
32. Bank __
33. Nullify
37. Folk's Mr. Guthrie
38. Informal-style of wording
39. Ark's architect
40. Feudal system land
41. Wrongdoing, in law
42. Wild dog of Australia
43. 'Pink' rock band's need
45. Broadway hints
46. Aries, The __
49. Furthermore
50. "Please don't squeeze the _!" (Classic TV commercial catchphrase about a toilet paper brand ...More at #3-Down and #18-Across!)
53. Pilot a plane
55. Blue/green
56. Q. "What's the alphabet's 21st letter?" A. "Hmmm... either T __."
57. Tick tock... Wrist band
59. Funny routine
60. Gas station measure
61. River of England
62. Confined
63. Trickier
64. __ the potatoes (Kitchen task)
65. Skirmish

DOWN
1. Considered
2. Quartz variety
3. Grocer who made the request of customers at #50-Across: 2 wds.
4. Sherbrooke seasoning
5. "And now __ and gentlemen..."
6. Seed coverings
7. Agreement
8. 'S' in NYSE [abbr.]
9. "Lose Yourself" rapper
10. Shoulder muscle, informally
11. Mr. Arnaz's of "I Love Lucy"
12. Green Day's "When __ Around"
13. James __ (Canadian violin virtuoso)
19. Electrician's concern
21. Zippy dances
24. Start the game of golf: 2 wds.
25. Potted greenery
28. Plank
29. Even more small
30. HS lunch-time spot
31. Jackie O's hubby
32. CTV's "W5" host Mr. Robertson
34. "Hey, could you put that out please." requester
35. Blondie's comic strip hubby, briefly
36. Pleased interjection!
38. Mick and Keith
42. Bilateral
44. Froth up the soap
45. Quaint wedding location
46. Singer, Lou __
47. Be of service
48. "The Secret Life of Walter __" (2013)
50. Discontinue
51. Russian model Ms. Shayk
52. Like an almond or a pecan
54. Large land lot
55. Unfeigned
58. Shirt
59. Sun lotion no.x

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day for family discussions, because you are sensitive to what others want to say. Trust your intuition, especially in discussions regarding home repairs.

Taurus April 21 - May 21
This is a fantasy-filled, imaginative day. You might spend time daydreaming; however, you will see new ways to accomplish something you want to do in the future.

Gemini May 22 - June 21
If shopping today, you might want to make extravagant, luxurious purchases. Make sure you can distinguish between wants and needs.

Cancer June 22 - July 23
Today Mercury is in your sign dancing with Neptune. This stimulates your creative imagination and makes you sensitive to the world around you.

Leo July 24 - Aug. 23
Today you might be interested in hidden truths, spiritual mysteries and the paranormal. You want to know the reason behind why things happen.

Virgo Aug. 24 - Sept. 23
A discussion with a friend or a member of a group will be mutually sympathetic today. This person is grateful that you understand where he or she is coming from.

Libra Sept. 24 - Oct. 23
In discussions with bosses, parents and VIPs today, you will be sensitive to the demands of their job and challenges. If you can help, you will.

Scorpio Oct. 24 - Nov. 22
Mystical and spiritual subjects fascinate you today. This is a good day to explore religion, poetry, music and occult subjects, because your mind is open to the unusual.

Sagittarius Nov. 23 - Dec. 21
If you divide or share something today, make sure you are fair to yourself as well as to others. You have an impulse today to be generous to those who are less fortunate.

Capricorn Dec. 22 - Jan. 20
This is a good day for a heart-to-heart discussion with a close friend or partner. You will find it easy to see what this person wants or to imagine how he or she feels.

Aquarius Jan. 21 - Feb. 19
You will be bored with menial, routine tasks, because you want to discuss big concepts and ideas at work. Expect to be sympathetic to a co-worker.

Pisces
Feb. 20 - March 20
Your creative vibes are hot today. This is a good day to explore music, the arts, theater, painting, drawing and anything where you can tap into your imagination.

CONCEPTIS SUDOKU by Dave Green

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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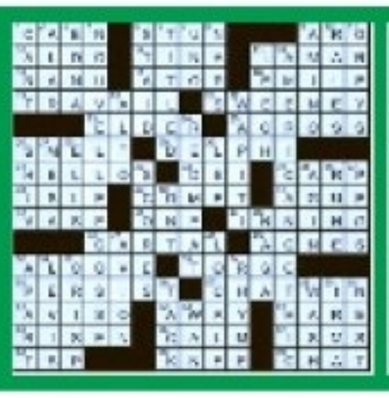

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